

# Common Dementia Behaviors

1. **Verbal outbursts:** These can include sudden, loud, or inappropriate speech, often stemming from frustration or confusion.
2. **Physical aggression:** This behavior involves hitting, pushing, or other physical actions directed towards others, often due to feeling threatened or overwhelmed.
3. **Apathy:** Apathy refers to a lack of interest, motivation, or emotion, leading to disengagement from activities or interactions.
4. **Withdrawal:** This behavior involves pulling away from social interactions or activities, often due to feeling overwhelmed or confused.
5. **Agitation:** Agitation manifests as restlessness, pacing, or fidgeting, often accompanied by verbal or physical behaviors expressing discomfort or distress.
6. **Repetitive behaviors:** These behaviors involve doing the same action or activity over and over again, such as pacing or repeatedly asking the same question.
7. **Sundowning:** Sundowning refers to increased confusion, agitation, or restlessness that occurs in the late afternoon or evening.
8. **Wandering:** Wandering involves aimless movement, often with a desire to "escape" or search for something, and can pose safety risks.
9. **Hallucinations:** Hallucinations involve perceiving things that are not actually present, such as seeing or hearing things that others do not.
10. **Delusions:** Delusions are false beliefs or misinterpretations of reality, often leading to paranoia or suspicion.
11. **Sleep disturbances:** Sleep disturbances can include difficulty falling asleep, staying asleep, or changes in sleep patterns, which can exacerbate dementia symptoms.
12. **Inappropriate sexual behavior:** This behavior involves expressing sexual thoughts or actions in socially inappropriate ways, often due to impaired judgment or disinhibition.
13. **Hoarding:** Hoarding refers to collecting or holding onto items excessively, often out of fear of losing them or a desire for control.
14. **Shadowing:** Shadowing occurs when a person with dementia follows their caregiver closely, seeking reassurance or comfort.
15. **Refusal of care:** This behavior involves rejecting assistance with activities of daily living, often due to feelings of frustration, fear, or loss of independence.
16. **Aggression towards objects or animals:** This behavior involves damaging or harming objects or animals, often out of frustration or confusion.
17. **Hiding items:** Hiding items involves secreting away belongings, often due to paranoia, confusion, or a desire to maintain control.
18. **Restlessness or pacing:** Restlessness or pacing involves constant movement or inability to stay still, often due to anxiety, discomfort, or agitation.
19. **Agitation during personal care activities:** This behavior involves resistance or distress during tasks such as bathing, grooming, or dressing, often due to feeling vulnerable or confused.
20. **Incontinence-related behaviors:** These behaviors include toileting in inappropriate places, removing clothing, or excessive cleaning of oneself, often due to confusion or loss of bodily awareness.
21. **Loss of inhibition:** Loss of inhibition leads to socially inappropriate comments or actions, often due to changes in the brain affecting judgment and self-control.
22. **Repeating words or phrases:** This behavior, known as echolalia, involves repeating words or phrases without understanding their meaning, often as a coping mechanism or due to memory deficits.
23. **Disrobing in public:** Disrobing in public involves removing clothing in inappropriate settings, often due to confusion, discomfort, or a lack of awareness of social norms.
24. **Repeating the same action:** This behavior involves performing the same action or task repeatedly, often due to memory impairment or a desire for routine.
25. **Difficulty with spatial awareness:** This can lead to falls or accidents due to misjudging distances or obstacles in the environment.
26. **Changes in eating habits:** Changes in eating habits may include hoarding food, refusing meals, or forgetting how to use utensils, often due to appetite changes or confusion.
27. **Worsening of existing mental health conditions:** Dementia can exacerbate pre-existing mental health conditions like depression or anxiety, leading to increased symptoms and challenges.
28. **Rummaging:** Rummaging involves repetitively searching through drawers, cabinets, or other belongings, often out of confusion or a desire to find something familiar.

